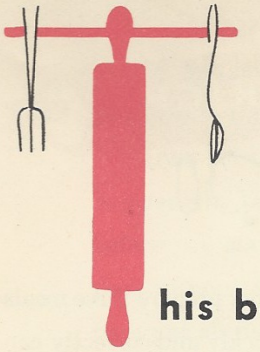
Sugar An' Spice

And All Things Nice



This book is dedicated to
my granddaughters and grandsons and

ALL

Little Ladies, and Young Gentlemen,
who would like to learn more about
the Art of Fine Cooking.

by JULIA KIENE

Director, Westinghouse Home Economics Institute

Book Designed by Eunice Schraishuhn

This Book belongs to_____

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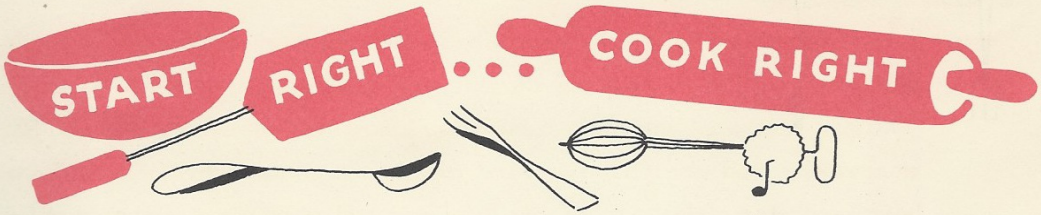


Membership: Anyone who really wants to help Mother prepare three meals a day, and who really wants to learn to do things easily, quickly and correctly can learn to be a cook. *I suspect that means all of you*

Regulations: Raise your right hand and vow you will never, never start cooking until you have first washed your hands. Really wash them, too, with good warm water and plenty of soap. If your Mother has paper toweling, wipe your hands on the paper towel; if not, then use a clean hand towel.

Don't ever use the corner of your apron!

Don't start cooking dressed up in your Sunday best finery. You girls can wear a simple, little cotton dress, and always an apron. You will look your very prettiest in clean cotton dresses with an apron tied around your middle. You boys can climb out of your shirts, if you wish, provided your T shirt is clean. Probably a clean pair of Levis would be best for you. Use your own judgment about the apron.

What to do first:

Show Mother this recipe book, and ask her what she thinks would be nice for you to make, and which would help her the most.

After you and Mother have discussed what you are going to make, THEN SIT DOWN AND READ THE RECIPE CAREFULLY. A good cook never starts until she understands the recipe.

If you are going to bake something in the oven, perhaps Mother better show you how to turn it on. After one showing, you won't need to bother Mother again.

Ask Mother if she has a common ordinary tray you might borrow. She'll wonder why, and you tell her you are going to put all the ingredients on the tray before you start doing a thing. She'll be so proud of you, and probably tell you that without doubt you will be an expert cook. If Mother doesn't have a tray, then put all the ingredients, pans, in fact everything you will need, on the kitchen table. Perhaps you are wondering why this is necessary. There are several reasons. It's terribly discouraging to get a recipe almost mixed and discover you haven't all the ingredients. It also saves a lot of time. Better yet, you don't get the kitchen so messy, and won't have so much cleaning up to do afterwards.

What to do after you are finished:

This won't be quite so much fun, but, for goodness sakes, always do it. Anyway, if you follow directions, there won't be too much cleaning up work to do.

Wash all your dishes and put them away.

Clean up any mess on the worktable.

This won't be much of a job, because your tray will help you keep things neat.

Sweep the kitchen and leave it neat as a pin.

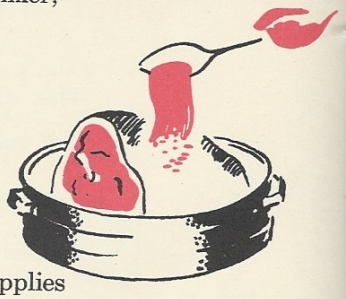
Don't sweep the dirt to a corner and leave it. Scoop it up in a dustpan.

If big brother or even big sister should happen to say, "This doesn't taste as good as Mother's", don't you care a tiny bit. Don't even talk back. Just remember that what you are doing right now is getting experience, and probably the next time you try that recipe, it will be better than anything the family has ever eaten. Anyway, you can just count on it that both Mother and Dad were mighty proud of you for trying the very hardest you could.

Better study this, too

Cooking terms are rather confusing, and it may help a bit if I explain what some of them mean.

BEAT The object of beating is to make the mixture light and fluffy by beating air into it. Don't feel lazy when you beat, unless, of course, you have an electric food mixer, and then you can be as lazy as you wish. If you do not have an electric food mixer, use a large spoon or a whisk egg beater. A whisk egg beater looks like this.



BASTE Don't run for a needle and thread. In cooking, the word doesn't mean the same as in sewing. The object of basting is to moisten the food while it is cooking. This usually applies to meat. Pan drippings, water or special sauces may be used. Use a large spoon to dribble the liquid over the food.

BLEND The object of blending is to combine several ingredients together until they are nice and smooth.

CREAM The object of creaming is to make a soft, smooth, velvety mixture. This term usually applies to cake making, where the recipe says, "Cream shortening and sugar together until light and fluffy".

FOLD Sounds silly, doesn't it? However, it is one of the most important steps in cake making. Once we beat air in, we don't want to beat it out, because air is what makes the cake light and fluffy, along with the baking powder, of course. So, at the very last, we fold the dry ingredients into the fluffy sugar and shortening mixture. This is how you do it. Combine the ingredients by cutting down through the mixture with a spoon or whisk egg beater, then turn it across the bottom of the bowl and bring it up over the top, close to the surface, but never raising the whisk egg beater or spoon completely out of the batter.

ALL-PURPOSE FLOUR

All-Purpose Flour is usually made from hard wheat. Hard wheat grows in the colder parts of our country, and is planted in the Fall. It contains more of a substance called gluten. However, in the South it is not unusual to find All-Purpose Flour made with soft wheat. Hard wheat gives a greater volume, but soft wheat flour gives a soft velvety texture to foods.

An easy way to tell the difference between the two flours is to first wash your hands and wipe them dry. Then scoop up a handful of flour and press it firmly by closing the fingers tightly over the flour. When the fingers are released, the hard wheat flour tends to break apart, but the soft wheat flour leaves an imprint of the fingers.

ENRICHED FLOUR

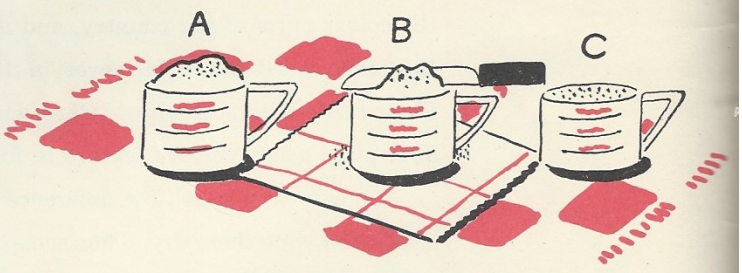
People are funny! They don't seem to care for whole-wheat flour, or coarsely milled flour, so the miller has had to remove all the coarse materials. In so doing, many of the valuable vitamins and minerals have been lost. So, the millers have added the vitamins, known as the B group of vitamins; also Iron, an essential mineral. Might ask your Mother if she buys enriched flour. It doesn't cost a cent more, and is really much better for us.

CAKE FLOUR This flour is made from soft wheat and has a fine, velvety feeling, and truly makes better cakes than All-Purpose Flour. That's why it is called cake flour!

How to measure flour

READ THIS CAREFULLY. In fact, it might be a good idea to memorize it. Ask Mother if you may please tear off a couple sheets of waxed paper. Dump some flour in the flour sifter, and sift it carefully onto one piece of waxed paper.

Now put the sifter onto the second sheet of waxed paper. BETTER WATCH YOUR P's AND Q's now. Take your measuring cup in your left hand, and pile flour lightly into the cup. A tablespoon is excellent for lifting the sifted flour from the waxed paper into the cup. NEVER, NEVER SHAKE THE FLOUR DOWN IN THE CUP. If you do that, you will have too much flour and your food won't taste good. Pile the flour high into the cup (A) then take a knife and carefully level it off (B) and when you finish you will have an accurate cup of flour (C). Put the flour that's left over on the paper, back in the flour bin.



Preheated Oven

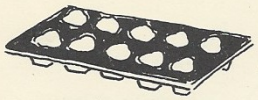
All Westinghouse Ranges have an indicator light that shows when the current is on in the oven. When the indicator light glows, it means the electricity is on; when it doesn't glow, it means the oven is maintaining a proper temperature without using any electricity. In baking cakes, muffins, pies—in fact, any food that has flour and baking powder or anything to make it raise light and fluffy, it is necessary to use a preheated oven.

All you do is this—turn the oven control to the temperature the recipe tells you to use, and when the light clicks out the first time, you know the oven has reached the desired temperature.

Let's say it short and simple. Turn the oven on before you are ready to use it, so it will be at the right temperature when you are ready to put the food in.

Now let's start cooking.

MELT-IN-YOUR-MOUTH MUFFINS

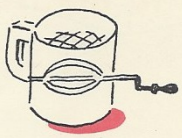


10-12 MUFFINS

PREHEATED OVEN 425°

BAKING TIME 15 TO 20 MINUTES

- 2 cups All-Purpose Flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- 4 tablespoons sugar

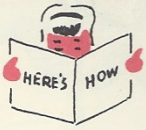


- 1 cup sweet milk

- 1 egg

- 4 tablespoons melted fat

Here's How... Here's How... Here's How



Here's How... Here's How... Here's How... Here's How... Here's How... Here's How... Here's How... Here's How... Here's How... Here's How... Here's How... Here's How...

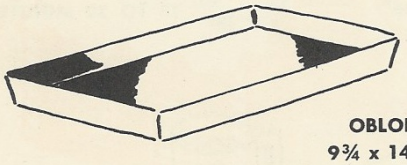
1. Grease muffin cups. Your hands are clean, so use your fingers.
2. Sift flour once (page 6), then measure.
3. Sift again with baking powder, sugar and salt. Better sift it into a large bowl.
4. Beat egg, but not too much.
5. Add milk and melted fat to egg.
6. Pour egg mixture into bowl with flour.
7. Stir until all ingredients are thoroughly blended. Don't be too vigorous. Just stir, don't beat. Do it short and snappy. Why? If you beat too much, you will have funny tunnels running through your muffins.
8. Fill greased muffin cups ½ full.
9. Place in preheated oven.

Are you bothered about how to melt the fat? That's easy. Put it in an aluminum measuring cup, place on small unit, turn control dial to "Simmer" and it will melt quickly. Or use any small dish that can be put on surface unit of range.

Here's How... Here's How... Here's How... Here's How...

Secret: Soak the muffin pans as soon as you take out the muffins. The muffin pans will be much easier to wash. My little granddaughter, Lynn, told me she saves herself lots and lots of clean-up time this way.

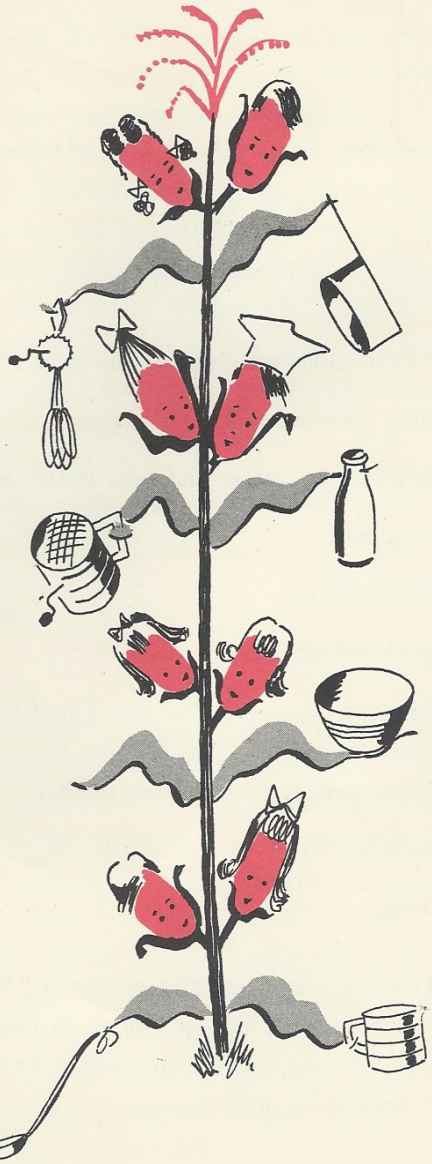
Corn Bread



OBLONG PAN
9¾ x 14¾ INCHES

PREHEATED
OVEN 425°

BAKING TIME
25 TO 30 MINUTES



1 cup All-Purpose Flour
¾ cup corn meal
¼ cup sugar
¾ teaspoon salt
3 teaspoons baking powder

SIFT TOGETHER

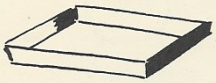
1 cup sweet milk
1 egg
2 tablespoons melted fat

Put fat in baking pan, then place in oven while it is preheating. Grab a pot holder when you take the pan out. It's hot!

1. Sift flour once, then measure (look on page 6).
2. Add corn meal, sugar, salt and baking powder. Sift once more. Put into large bowl.
3. Beat the egg in another bowl.
4. Add milk to the egg. Take your pan out of the oven and add the melted fat.
5. Combine milk, fat and egg mixture to dry ingredients in large bowl.
6. Mix thoroughly, but don't be too energetic about beating too long. Take it easy.
7. By now, the pan is cool enough to rub the grease that is left in the pan, all over the bottom. (You know you poured most of it into the egg and milk mixture.) Sure your hands are clean, so use your fingers.
8. Pour corn bread batter into greased pan.
9. Quick—into the oven.

Secret... Bacon fat makes corn bread taste awfully good. It's a thrifty little trick.

Gingerbread



10 x 14-INCH PAN

PREHEATED
OVEN 350°

BAKING TIME
40 TO 45 MINUTES

2½ cups All-Purpose Flour
1½ teaspoons baking soda
½ teaspoon salt
1 teaspoon ground ginger
1 teaspoon ground cinnamon
½ teaspoon ground cloves

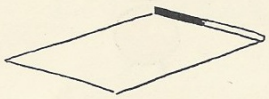
} **SIFT TOGETHER**

½ cup shortening **1 egg** **½ cup sugar**
1 cup sorghum molasses **1 cup very hot water**

1. Grease pan, and dust lightly with flour. If you wonder how to do this, look on page 14.
2. Sift flour once. (See page 6.) Then measure, and sift again with the soda, salt and the three spices. If you don't have cloves, it really won't matter too much, but you'll have to have the ginger or you won't have gingerbread.
3. Cream shortening and sugar together. Come, come now. Don't get tired. Remember it must be light and fluffy.
4. Add the unbeaten egg, and keep on beating for another couple of minutes.
5. Next add the sorghum molasses. This is awfully good stuff to eat. You might dip out an extra teaspoonful of it and eat it. You can do that while you rest a minute.
6. Now, if you are rested a bit, add the dry ingredients, and here's a little trick. Don't add dry ingredients all at once. Say, about ⅓ of the flour mixture, fold that in, then ⅓ of the hot water, next some more flour, then the rest of the hot water, and now dump in all the flour that's left. Grownups seem to think it makes a better cake to add the dry ingredients alternately with the liquid, always starting and ending with the dry ingredients.
7. Now pour this into the well-greased pan.
8. Bake.
9. When you take the gingerbread from the oven, better turn it out on a cake cooler. That's pretty tricky. Mother or big sister will help you. Serve piping hot. Some folks like to use butter on their gingerbread, some like it cold with whipped cream. Me, I like it any way and as often as possible.

Secret.... In the United States Senate dining room they serve gingerbread every noon. Some of the Senators eat it like bread. It's such a healthful food for all of us to eat.

Sugar Cookies



10 x 14-INCH GREASED COOKIE SHEET

PREHEATED OVEN 375°

BAKING TIME 10 TO 12 MINUTES

2 cups All-Purpose Flour

½ teaspoon salt

2 teaspoons baking powder

SIFT TOGETHER

⅔ cup shortening
(Ask Mother what to use)

⅔ cup granulated sugar

2 eggs

1 teaspoon vanilla

1. Sift flour once, then measure (page 6), and sift again with salt and baking powder.

2. Cream shortening and sugar together (page 4), then beat until light and fluffy. Your arm may get tired but keep at it. Maybe Brother would like to show off his muscle on this job.

3. Add the unbeaten eggs, one at a time, beating like mad after you add each egg. If the mixture looks like scrumptious whipped cream you can rest a minute.

4. Add dry ingredients and the flavoring to the mixture you just worked over so hard.

5. Take a deep breath, and start beating again until dry ingredients are thoroughly mixed in. This is a good time to rest a bit.

6. Put the bowl of cookie dough in the refrigerator and let it get good and cold. This will take about two hours.

7. Just before you start on the cookies the second time, you better turn on the oven.

8. Oh, yes, wash your hands good with soap and warm water.

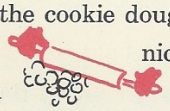
9. Do exactly as the recipe says for Peanut Butter Cookies (step 8, page 12). Pick up a little of the dough with your fingers, rolling it between palms of your hands to make a ball. Put balls on greased sheet.

10. Now for the trick. Tie a piece of cheesecloth or any thin muslin around the bottom of a water glass.

11. Dip the bottom of the glass lightly in flour.

12. Then press down on the ball of cookie dough. You'll have a nice round cookie without all that trouble of rolling the dough. Remove from cookie sheet as soon as baked. It's a good idea to cool cookies on a cake rack.

13. Bake.

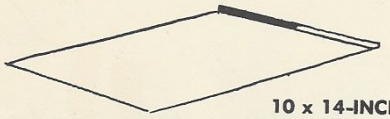
If you want to make fancy-shaped cookies like for Christmas, you'll have to cool the cookie dough in the refrigerator for three or four hours. Find your Mother's rolling pin and put a little flour all over it. Then dust a little flour on the work surface. Don't get too generous with the flour. Just a little. Take out about ¼ of the cookie dough (better put the bowl back in the refrigerator) and try to pat it together into a  nice round shape. Then start rolling. Don't press hard on the rolling pin. Pretend you are rolling out soap bubbles, and do it gently. When the dough is about ¼ inch thick, that's about twice as thick as a stick of gum, then cut out with fancy cookie cutter.

Santa Claus Stars Bells.

Find a pancake turner and gently lift the cookie onto the cookie sheet. This is pretty much of a job, but don't get excited or nervous. Just take it easy. The cookies will taste awfully good even though you can't exactly tell what they are.

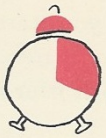
Secret. If you really want to doll the cookies up a bit, sprinkle a tiny bit of colored sugar over them, just before you put them in the oven, or put a plump raisin in the center.

PEANUT BUTTER COOKIES



10 x 14-INCH
GREASED COOKIE SHEET

PREHEATED
OVEN 375°



BAKING TIME
15 TO 18 MINUTES

- 3 cups All-Purpose Flour
- 2 teaspoons baking soda
- ¼ teaspoon salt

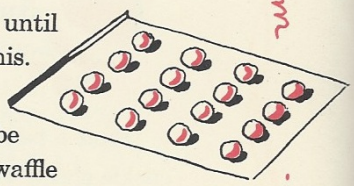
} SIFT TOGETHER

- 1 cup shortening (Ask Mother what to use)
- 1 cup white sugar
- 1 cup brown sugar
- 2 eggs
- 1 cup peanut butter
- 1 teaspoon vanilla

yum-yum --- yum-yum... yum

yum-yum.... yum. yum...

1. Sift flour once, then measure (page 6), and sift again with soda and salt.
2. Grease cookie sheet. Not too much, just enough to keep cookies from sticking.
3. Cream shortening with both the brown and white sugar (page 4).
4. Add beaten eggs and beat until mixture is smooth and fluffy. (Note: If you are using an electric mixer you don't need to beat eggs separately.)
5. Add peanut butter and really beat.
6. Then add flour mixture. Fold (page 5) dry ingredients into the shortening and sugar mixture, add vanilla. For good measure give a good, brisk, final beating.
7. Are your hands clean? Of course. Now comes the trick.
8. With your fingers, lift out a little of the dough. Let's say about the size of an English walnut. Put this glob of dough in the palm of your left hand. Place your right hand over it and gently roll dough around until it forms a ball. A wee bit sticky? Then dust your clean hands lightly with flour.
9. Put the ball of dough on the greased cookie sheet. Keep on doing this until you have about 16 little dough balls on the cookie sheet, something like this.



10. Then take a fork, like you use at the table, and gently press down crossways on the dough balls, then press the opposite direction. Maybe Mother would help on the first one. Doing this makes a beautiful waffle design on the cookie top. Makes about 4 dozen cookies (4 x 12=48). Be sure to remove the baked cookies from cookie sheet as soon as you take them from oven.

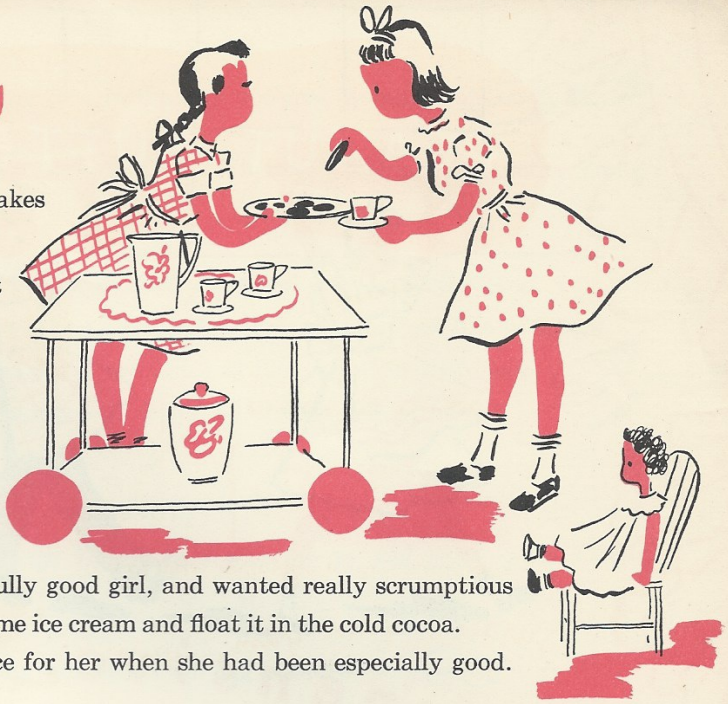
yum-yum-yum... yum-yum.... yum-yum-yum....

Secret... If you aren't too impatient it's a good idea to put the bowl of cookie dough in the refrigerator for several hours before baking. Makes it easier to roll the little balls.

.....yum-yum ....yum-yum.... yum-yum....yum-yum....

TEA PARTY MENU

Sometimes, girls love to have tea parties. It makes considerable work for Mother. Perhaps if you promised to clean up everything, she would let you make Peanut Butter Cookies and Hot Cocoa. If you wanted cold cocoa, you could make it in advance, let it cool, then put in refrigerator to get really cold.



Secret.. Perhaps if you were an awfully good girl, and wanted really scrumptious cold cocoa, Mother would buy some ice cream and float it in the cold cocoa. Sarah's Mother did that once for her when she had been especially good.

HOT COCOA

6 tablespoons cocoa
6 tablespoons sugar
½ cup water

4 cups milk (Skimmed milk is okay)
10 or 12, or even more marshmallows

6-INCH UNIT
MEDIUM HEAT

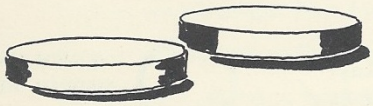
2-QUART SAUCEPAN

This is going to be simple to do.

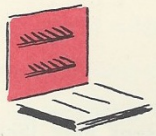
1. Mix the cocoa and sugar together in a saucepan.
2. Add the water, mix all together.
3. Put on surface unit and turn switch to "Medium". Maybe you better stir until the sugar is dissolved.
4. Let the mixture boil for about 3 minutes.
5. Add the milk. If you want your cocoa pretty hot, let the milk come to the boiling point. But you probably won't; just let it cook for 5 or 6 minutes.
6. You can either put a couple of marshmallows in the cup and pour the hot cocoa over them, or you can fill the cup with cocoa and add the marshmallows last. Either way is awfully good. This will make 5 or 6 cups. If you don't have marshmallows, make the cocoa anyway. It's good either with or without marshmallows.

Secret... My little 7-year-old granddaughter, Sarah, makes this often for her two little brothers. She doesn't always have marshmallows, but they think it's awfully good. Sarah likes to do it because it helps her Mother.

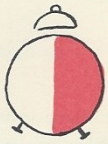
Inexpensive Layer Cake



TWO 9-INCH ROUND CAKE PANS,
AT LEAST 1-INCH DEEP



PREHEATED OVEN 375°



BAKING TIME
25 TO 30 MINUTES

2⅔ cups cake flour
4 teaspoons baking powder
½ teaspoon salt
} SIFT TOGETHER
¾ cup shortening (Talk this over with Mother)

1¼ cups granulated sugar
3 eggs
1½ teaspoons vanilla
¾ cup sweet milk

**If you aren't sure of the size of the pan,
find a ruler and measure the bottom; also the sides.**

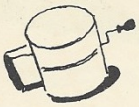
how to grease a pan... here's how to grease a pan... here's how to grease a pan....here's how

How to grease a pan: This is serious business. Get those hands clean. Fingernails, too!
Dip your finger tips into the shortening. Then work that grease carefully all over the bottom and sides of both cake pans. Don't leave any little chunks of grease sticking around, but smooth it evenly all over the pans. Then take a tablespoon of flour from the flour bin, dump it into the greased cake pan, and gently knock it all over the pan. Don't forget to shake the flour around the sides of the pan. Perhaps you used too much flour. Hold the pan upside down over the flour bin, and tapping the bottom of the pan, knock any extra off into the bin.
Do both pans the same way. Sure it seems like a lot of work. But—your baked cake will come out of the pan without sticking.

how to grease a pan... here's how

how to grease a pan... here's how

1. Of course, you always get the cake pans ready first, in the way you just learned.



2. Sift the cake flour—PLEASE USE CAKE FLOUR. There's a difference in flour. You'd better read page 6.

3. Measure flour, then sift again with salt and baking powder. Here's where you need a good, accurate measuring cup and measuring spoon. You have fractions in cooking just like in school. And, if you don't do your fractions right in cooking you fail, just like you do in arithmetic if you aren't accurate. Did you ever believe arithmetic would be of such help at home?

4. Better start preheating oven.

5. Cream the shortening and sugar together (page 4), and beat with energy and patience until light and fluffy.

6. Add the unbeaten eggs, one at a time, beating well after each egg is added.

7. Add the vanilla to the milk; that way you'll be sure not to forget the vanilla, and add alternately with flour to shortening and sugar mixture. This is a very important part of the cake mixing. So, I'll explain how to do it First, add about ⅓ of the flour to the shortening mixture. Fold it in, then add ⅓ of the milk, and now stir vigorously. Now another ⅓ of the flour and all the rest of the milk, and then stir again, folding in all the ingredients. Now add the remaining flour, folding again.

8. Now pour cake batter evenly in the two pans.

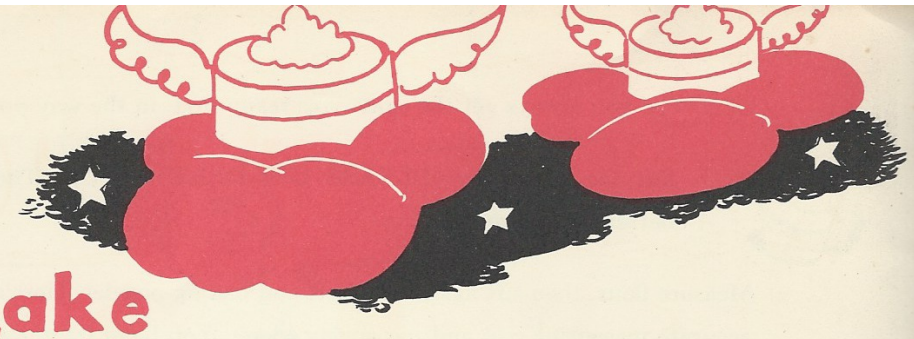
9. Put in preheated oven and bake.

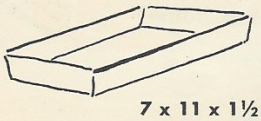
10. When cake is baked, remove from oven. Take a thin-bladed knife like a spatula (metal) and gently loosen cake from the side of pan. Do this to both cakes.

11. Turn at once on cake cooler. Immediately turn cake right side up or the top will stick to cake cooler. When cool, frost the cake with Party Icing (page 18). Then hide it, so no one will eat it before supper. At mealtime, you'll be proud to serve it for dessert.

Secret... Why not frost each layer separately and have two cakes instead of one? Serve in pie-shaped pieces. Why not drop me a note and tell me how your cake turned out? My address is Mrs. Julia Kiene, Westinghouse Electric Corporation, Mansfield, Ohio.

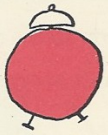
Quick Sponge Cake





7 x 11 x 1½-INCH
UTILITY BAKING PAN

PREHEATED
OVEN 325°

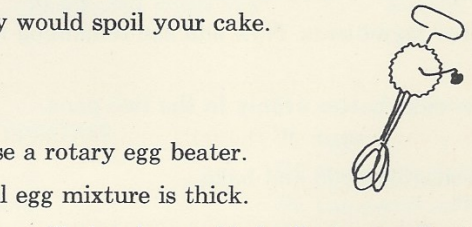


BAKING TIME
1 HOUR

1½ cups sifted cake flour
1 teaspoon baking powder
½ teaspoon salt
} SIFT TOGETHER

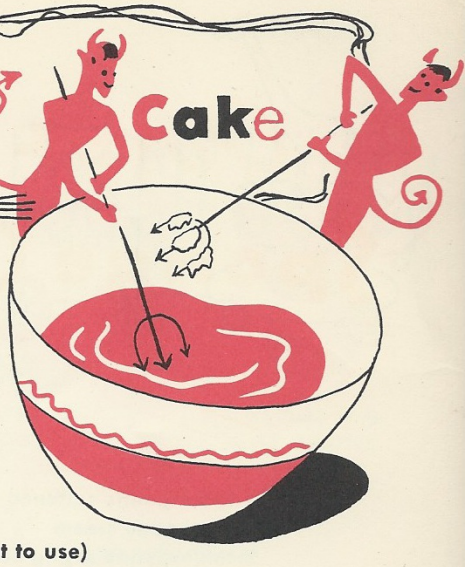
3 eggs
1¼ cups sifted sugar
½ cup cold water
1 teaspoon vanilla

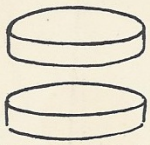
1. Grease baking pan. Better read just how to do it on page 14.
2. After baking pan is greased, line it with waxed paper. Put waxed paper on sides as well as bottom. Makes cake come out of the pan much, much easier.
3. Sift flour (page 6), then sift again with baking powder and salt.
4. Sift sugar. Might be lumps in sugar and they would spoil your cake.
5. Preheat oven.
6. Break eggs into a regular cake mixing bowl.
7. Beat until light and lemon-colored. Better use a rotary egg beater.
8. Add sugar all at once. Continue beating until egg mixture is thick.
9. Add sifted flour mixture and water to which vanilla has been added, all at once. Beat hard until all ingredients are thoroughly mixed.
10. Pour into baking pan.
11. Bake for 1 hour.
12. When baked, remove from oven.
13. Turn cake, pan and all on wire cake cooler.
14. Remove baking pan.
15. Remove waxed paper.
16. Continue cooling on cake cooler.



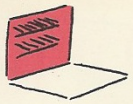
Secret.. This is really a secret. My Mother taught me to make this cake, long years ago when I was a little girl. You don't need to ice this cake. Delicious just plain, or for dress-up, whipped cream is wonderful.

Quick Mix Devil's Food Cake





TWO 8-INCH ROUND CAKE PANS



PREHEATED OVEN 350°

BAKING TIME 20 MINUTES

- 1½ cups sifted cake flour
- 1¼ cups sugar
- ½ cup cocoa
- 1¼ teaspoons soda
- ¼ teaspoon cream of tartar
- 1 teaspoon salt

} SIFT TOGETHER

- ½ cup shortening (Ask Mother what to use)
- 1 cup sweet milk
- 1 teaspoon vanilla
- 2 unbeaten eggs

1. Grease pans just as for Plain Layer Cake (page 14).
2. Sift flour (page 6). Then sift again with sugar, cocoa, soda, cream of tartar and salt. This cake is going to be fun to mix.
3. Put all these dry ingredients in a good-sized mixing bowl.
4. Put the shortening on top of dry ingredients.
5. Now put in all the milk and the vanilla.
6. Take a wooden spoon, or any mixing spoon, and start out stirring slowly until all the dry ingredients are mixed with the milk.
7. Start beating hard. Beat like mad until you have counted to two hundred. More arithmetic!
8. Add the eggs.
9. Keep on beating. Don't get lazy; beat for another one hundred counts.
10. Divide batter as evenly as you possibly can into the two cake pans. If you have a rubber spatula, scrape every bit of batter out of the bowl.
11. Bake.
12. When baked, cool the cakes as for Plain Layer Cake (page 15).
13. Frost with Mocha Icing (page 18).

Mocha Icing

3 tablespoons softened butter or margarine
2 teaspoons cream
2 tablespoons strong coffee (hot off the range)
3 tablespoons dry cocoa
2 cups Confectioner's sugar
½ teaspoon vanilla
½ teaspoon salt

1. Combine softened butter, cream and hot coffee.
2. Add cocoa. Beat vigorously.
3. Add Confectioner's sugar. Stir gently until sugar is well-mixed with butter mixture, then beat very hard.
4. Add vanilla and salt.
5. Keep on beating until mixture is of a consistency to spread. Enough for two 9-inch layer cakes.

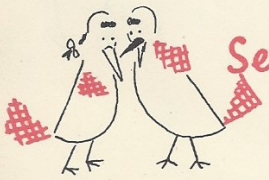
Secret You could leave out the cocoa and coffee, and use 2 tablespoons orange juice and have a mighty fine white icing.

Party Icing

1 egg white **1 glass tart red jelly** **1 pinch salt**

If your arm feels strong and your Mother can spare a glass of jelly, you might try this. Better be rested though, or have a stand-by, for your arm may get tired. Should you have an electric mixer, the job will be simple.

1. Put unbeaten egg white in a bowl shaped like this.
2. Add the glass of jelly and salt.
3. Take a rotary egg beater and keep right on beating until the mixture stands up in beautiful pale pink peaks.
4. Spread over cake. Enough for 2 layers.



Secret...This icing never gets very hard. Better eat the cake with a fork.

Oatmeal Peach Betty

2-QUART OVENWARE CASSEROLE

PREHEATED OVEN 375°

BAKING TIME 45 MINUTES

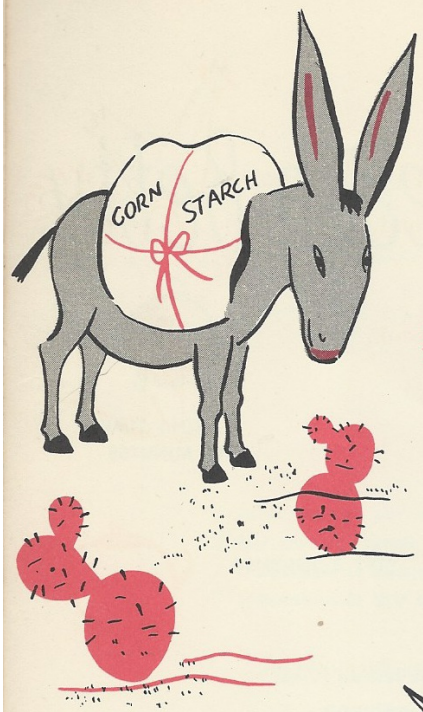
⅔ cup All-Purpose Flour
¼ teaspoon salt
¼ teaspoon baking soda
} SIFT TOGETHER

⅔ cup quick-cooking rolled oats
¼ cup melted shortening
2 cups canned sliced peaches, or
2 cups leftover cooked peaches
2 tablespoons lemon juice
¼ teaspoon cinnamon
⅓ cup brown sugar
½ teaspoon vanilla
1 tablespoon butter or margarine for "dotting"

Maybe this sounds difficult . . But don't get discouraged. It's really very easy.

1. First of all, grease the casserole with butter or margarine. Hands and fingernails clean? Then use your finger tips.
2. Sift flour (page 6), measure and sift again with soda and salt.
3. Mix rolled oats into flour. You can use a piece of waxed paper or a medium-sized bowl.
4. Melt shortening. Why not use a small saucepan or a metal cup? Turn surface switch to "Simmer".
5. Put peaches in the buttered casserole. A little peach juice won't hurt a thing.
6. Sprinkle lemon juice and cinnamon over peaches.
7. Cut butter in little pieces and scatter over peaches. Grownups call it "Dot with butter".
8. Add brown sugar to melted shortening.
9. Add flour and rolled oats mixture to shortening and stir until mixture looks crumbly.
10. Add vanilla. Stir some more.
11. Spread this mixture over peaches. Bake. Serve hot or cold with cream or milk. Serves 4 or 5.

Secret If your Mother is using the oven, perhaps she will let you bake your pudding at the same time. You can use applesauce, or canned blackberries instead of peaches, if you wish.



GOLDEN CORNSTARCH PUDDING

6-INCH SURFACE UNIT "MEDIUM"

2-QUART SAUCEPAN WITH FLAT BOTTOM

- 1¾ cups scalded milk
- 2 eggs
- ¼ cup cold milk
- 1 teaspoon vanilla

- ¼ cup granulated sugar
- 3 tablespoons cornstarch
- ¼ teaspoon salt

} **MIX TOGETHER**

- 2 tablespoons granulated sugar

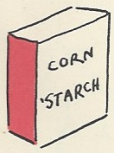
Here's where you really must watch your P's and Q's. When you measure the cornstarch, do it carefully, and level it off from the tablespoon, just as you do flour from the cup (page 6). If your pudding is too thick, it tastes terrible.

1. Put the 1¾ cups milk in the saucepan, set it on the surface unit and turn switch to "Medium" heat. When you cook electrically, you can throw away the double boiler and use "Medium" heat instead.

2. Separate the egg whites from the egg yolks. Better ask Mother how to do it.

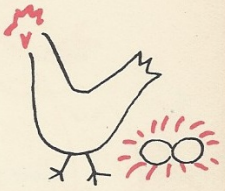
3. Put the egg whites in a medium-sized bowl because later you are going to beat them.

4. Use a smaller bowl for the egg yolks. Take a fork and beat them until they are slightly fluffy.



5. Add the ¼ cup of cold milk and the vanilla to the egg yolks.

6. Now add the sugar, cornstarch and salt which have been mixed together, to the milk and egg yolk mixture. With that same fork, beat hard, and be sure you get all lumps out, should there by any. If you have lumps now, you'll have bigger lumps in your pudding. Ask Mother for a whisk egg beater or a slotted spoon.



7. About now, the milk is scalded, so slowly pour the egg yolk, cornstarch and milk mixture into the scalded milk. Stand right by your pudding and beat it constantly for about 3 minutes, or until the mixture is thick.

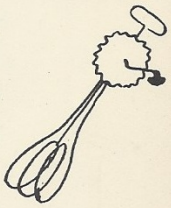
8. Now turn the surface switch to Simmer and let the mixture cook about 10 minutes. You may have to stir it two or three times.

9. Remember to turn the surface unit to "off" when you finish the custard. Remove from range and cool slightly.

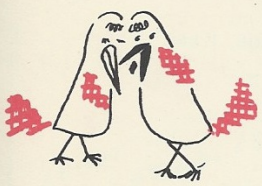
10. Beat the two egg whites with a rotary egg beater, or your electric beater, should you have one.

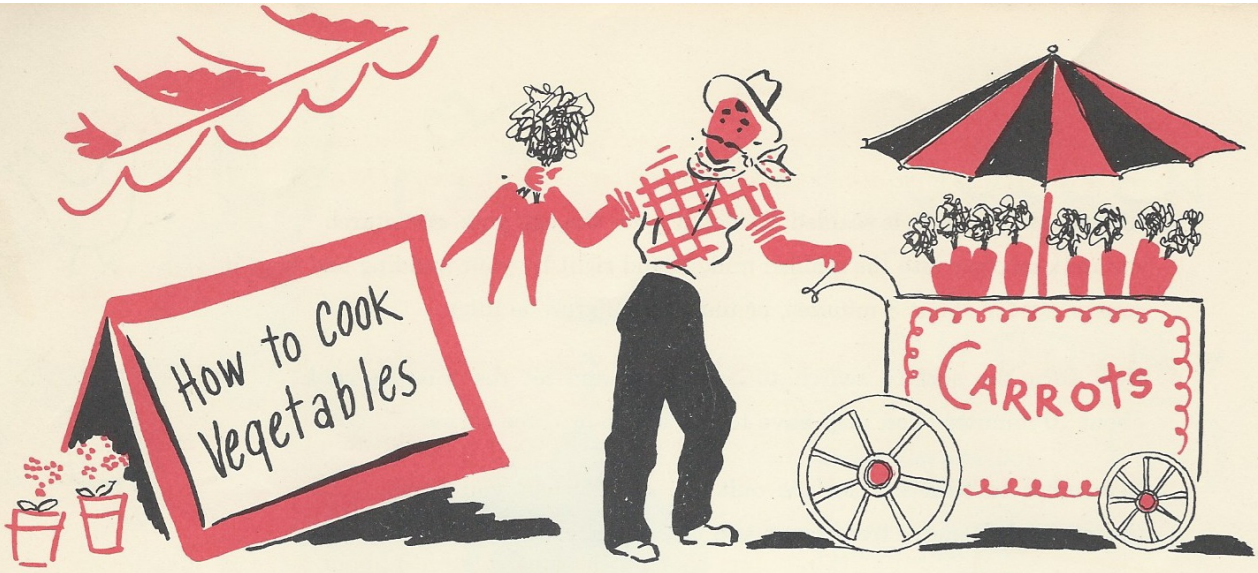
11. When the egg whites are stiff, add 2 tablespoons granulated sugar. Beat the sugar carefully into the egg whites.

12. Carefully pour the cooked custard over the beaten egg whites, and with that same whisk beater, or slotted spoon, fold the egg whites through the custard. Cool and serve. Serves 4 or 5. Next time you will probably double the recipe, the family will like this so much.

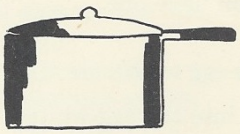


Secret.... Just as soon as the custard is slightly cool, put it in the refrigerator. Do not cover. Egg and milk mixtures should never be kept out in the kitchen. Always refrigerate custards of all kinds as soon as possible.





6-INCH UNIT
"HIGH" TO STEAMING, ABOUT 5 MINUTES
"LOW" TO FINISH, ABOUT 15 MINUTES



2-QUART COVERED SAUCEPAN

1½ pounds carrots ready to eat
½ cup water
1 teaspoon salt
1 tablespoon butter

Do you know why I selected carrots for you to cook? Because I heard you say you didn't like them. But, please try them my way once, and you'll think they are so good you will ask for seconds.

If there are four in your family, it will take at least five good-sized carrots. That's about a bunch when you buy them at your store. Don't buy wilted or sad-looking carrots. Tell your grocer you want nice fresh ones. The minute you get them home, wash them well and cut off the tops. If you are not ready to cook them, put the carrots in the crisping space of your refrigerator until it is time to cook them.

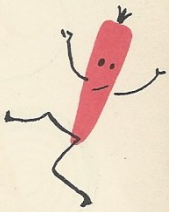
1. When cooking time comes, either scrape or peel the carrots.

2. If they are huge, big ones, cut them crosswise in slices. Can you guess at an inch? Then cut the carrots in inch slices. If they aren't large ones, four or five inches long, you can cut them in two, crosswise. Then cut them in two, lengthwise. Be awfully careful of your fingers and don't get a cut with that sharp knife.

3. Put the carrots in the saucepan.

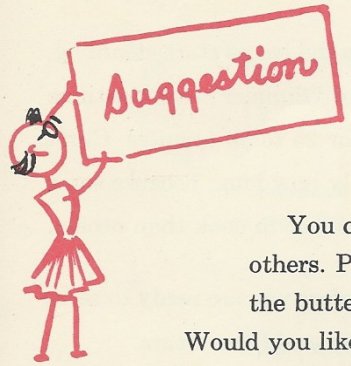
4. Put water in saucepan. Don't you dare use more than that ½ cup water, now add the salt and butter.

5. **QUICK**-like-a-flash, get the cover on the saucepan. If none of your saucepans have covers, use a pie dish, a plate or something like that. But, ALWAYS COVER all your vegetables when you cook them.



6. Turn the switch on your range to "High" and don't leave the kitchen. Wait about five minutes until the carrots are steaming.

7. Now turn the switch to "Low" and cook for 15 minutes more. You can leave the kitchen now, for the carrots will take care of themselves. That is to say, you can leave the kitchen if you are using an electric range. But don't be gone more than 15 minutes for then the carrots will be ready to dish up and eat.



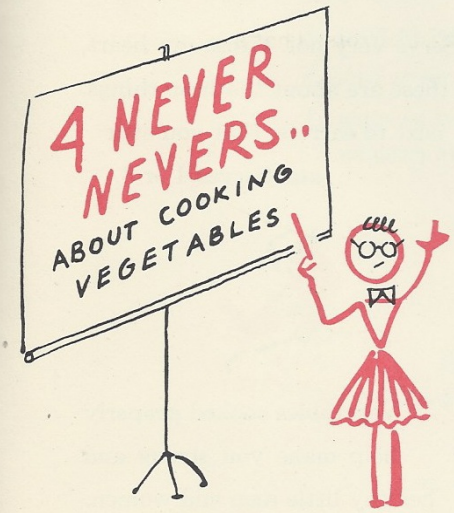
Don't start cooking these carrots until about 20 to 25 minutes before ready to eat dinner or supper.

Once I didn't like carrots either, but cooked this way, they are about my favorite vegetable.

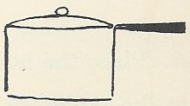
You can cook all fresh vegetables this same way. Some take a little longer than others. Potatoes, for instance, take about 30 minutes, and you don't need to add the butter to potatoes.

Would you like to know why vegetables taste so good cooked this way?

Because you are cooking the healthful way! By using only a little water, and always covering the vegetable, you are keeping all the good flavor in the vegetable. Better yet, you are keeping more of those necessary vitamins and minerals in the vegetable.



- **NEVER, NEVER** cook vegetables without a cover.
- **NEVER, NEVER** use more than ½ cup water.
- **NEVER, NEVER** let vegetables boil and boil. Just bring them to the steaming point quickly on "High" heat, and then when steaming briskly, turn the switch to "Low" to finish cooking.
- **NEVER, NEVER** stir vegetables while they are cooking.



A flat-bottomed pan with straight sides and a tight-fitting cover is the best thing you can use for properly cooking vegetables.

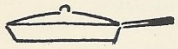
Secret... If your Mother doesn't have a flat-bottomed saucepan with a good lid, why don't you save your pennies and buy her one for Christmas, or Mother's Day, or her birthday? She'd love it!

creamed fresh snap beans

8-INCH UNIT

"Medium High" Until Steaming—5 or 7 Minutes

"Simmer" to Finish—25 to 30 Minutes



SKILLET WITH GOOD LID

- **2 pounds fresh snap beans**
- **2 tablespoons butter or bacon drippings**
- **3 tablespoons water**
- **1 teaspoon salt**
- **½ cup cream or top milk**

1. Wash the beans carefully before snapping them. Use plenty of good, cold water.

2. If the snap beans have strings, that's tough luck, because you will have to pull off every little string. Snap off a tiny bit from both ends, and break the beans in pieces about an inch long.

3. Place the butter or drippings in the skillet and turn the switch to "Medium High".

4. When the fat is melted, add the water and salt, and then dump in the beans.

5. Put the lid on quickly, and be sure it fits tightly.

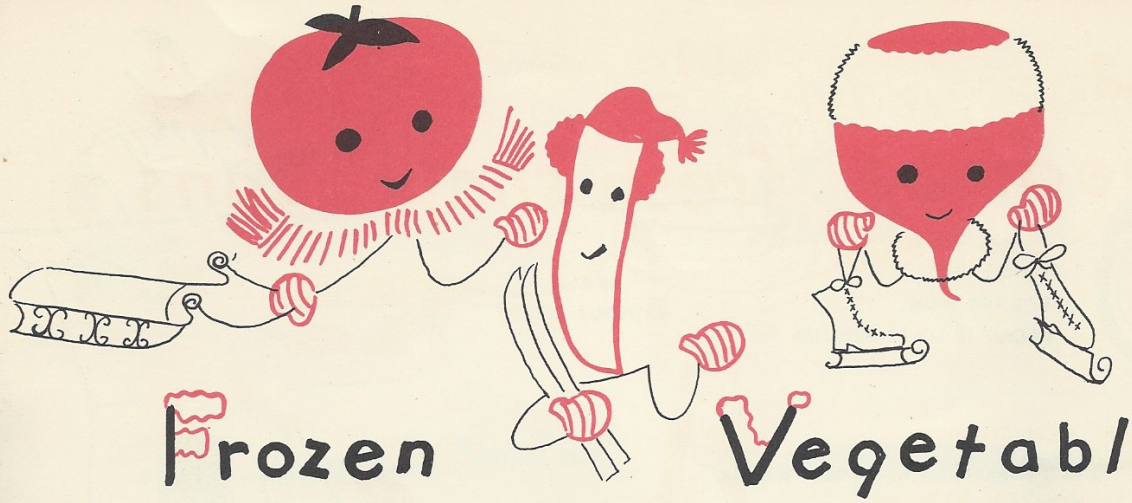
6. Just as soon as the beans start steaming, turn the switch to "Simmer" and continue cooking for 25 to 30 minutes. Can't tell you exactly how long, because some beans take longer to cook than others.

7. Just before you are ready to serve them, add the cream.

8. Turn switch to "Medium High" and bring to a quick boil.

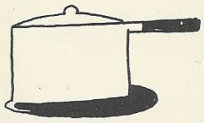
9. Serve very hot. Cross my heart, these are about the best things, next to carrots, that you ever ate. Serves 4 or 5.

Secret.. Vegetables cooked properly help make you strong and healthy little men and women. Learn to like them. You can, if you want to, and anyway, it isn't polite to grumble about your food.



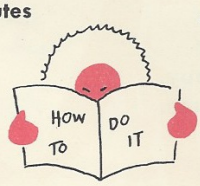
Frozen Vegetables

6-INCH UNIT
"High" to Steaming 5 Minutes
"Low" to Finish 10 Minutes



2-QUART COVERED SAUCEPAN

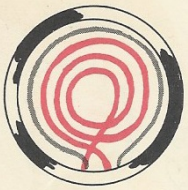
1 package frozen peas, or any frozen vegetable



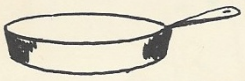
¼ cup water 1 teaspoon salt
1 tablespoon butter

how to do it . . . how to do it . . . how to do it . . .

Gary's Hot Dogs



8-INCH UNIT
"MEDIUM HIGH"
ABOUT 10 TO 12 MINUTES



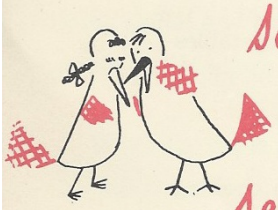
SKILLET
WITHOUT COVER

2 to 3 wieners each. For four people, 8 or 12 wieners

3 tablespoons fat—bacon drippings are excellent

Ask mother if she would please buy, or let you buy, the nice fat wieners.

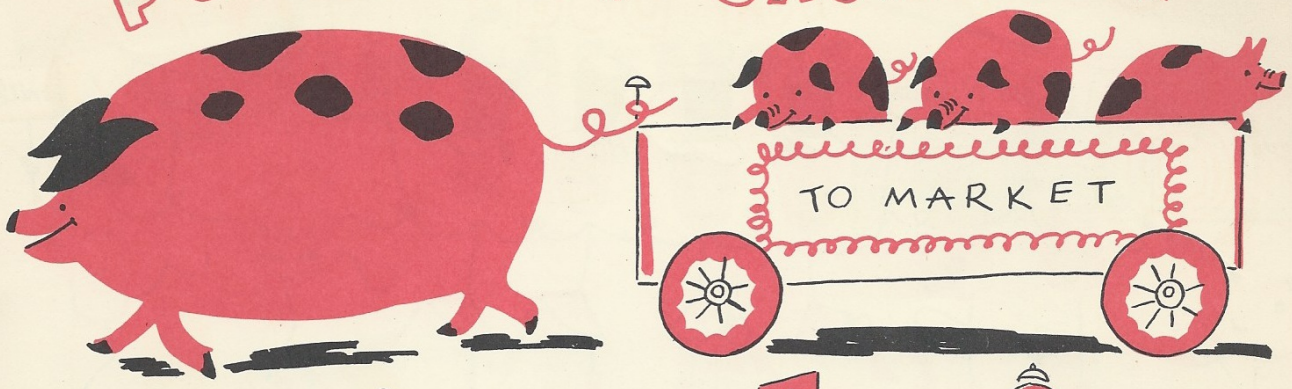
1. Put fat in skillet.
2. Place skillet on large unit and turn switch to *Medium High* That's the setting you always use for frying.
3. Place wieners on cutting board. Take a sharp paring knife and make slits across the wiener. Gary makes them about an inch apart, but he doesn't cut very far down into the wiener, only about half-way through it.
4. When fat is piping hot, put wieners in skillet. Just as soon as one side is brown, turn wiener. Do this until brown all over.
5. Serve piping hot. Can be served in buns if you wish.



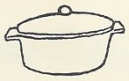
Secret... Gary is my fine 10-year-old grandson who taught me to put the slit in the wiener. It really makes them much better. He also taught his brother, Greg, several years younger. Greg does a fine job of cooking them, too.

Secret... You know something? You could really prepare dinner. You could have Wieners, Hash Brown Potatoes (page 28), Buttered Carrots (page 22), Bread and Butter, Cornstarch Pudding (page 20), Milk. Sounds good, doesn't it?

PORK CHOP CASSEROLE



8-INCH UNIT
"MEDIUM HIGH"



2-QUART
COVERED OVENWARE
CASSEROLE

375° OVEN

BAKING TIME
40 MINUTES

4 or 5 pork chops, cut ½ inch thick
2 tablespoons fat or bacon drippings

Salt and pepper to season
1 can cream of mushroom soup

this little pig cried WEE WEE WEE all the way home this little pig went to market

1. Put fat in skillet.
2. Place skillet on large unit.
3. Turn switch to "Medium High".
4. As soon as fat is hot, brown pork chops on both sides. You can season them as you fry them, if you wish.
5. Place the browned pork chops in the casserole.
6. Open the can of cream of mushroom soup and pour over pork chops. Put on cover. Place in oven and cook. Serves 4 or 5.

this little pig had none this little pig had roast beef

this little pig stayed home

Secret... You could get dinner. Easy, too! You could have an Oven Meal—Pork Chop Casserole, Buttered Carrots, Baked Sweet Potatoes, Oatmeal Peach Betty (page 19).

Here's how to do it... Put the washed and scraped carrots in a casserole. Add ½ cup water, salt and butter, just as in recipe on page 22. Put cover on casserole. They'll cook in the oven slick as can be.

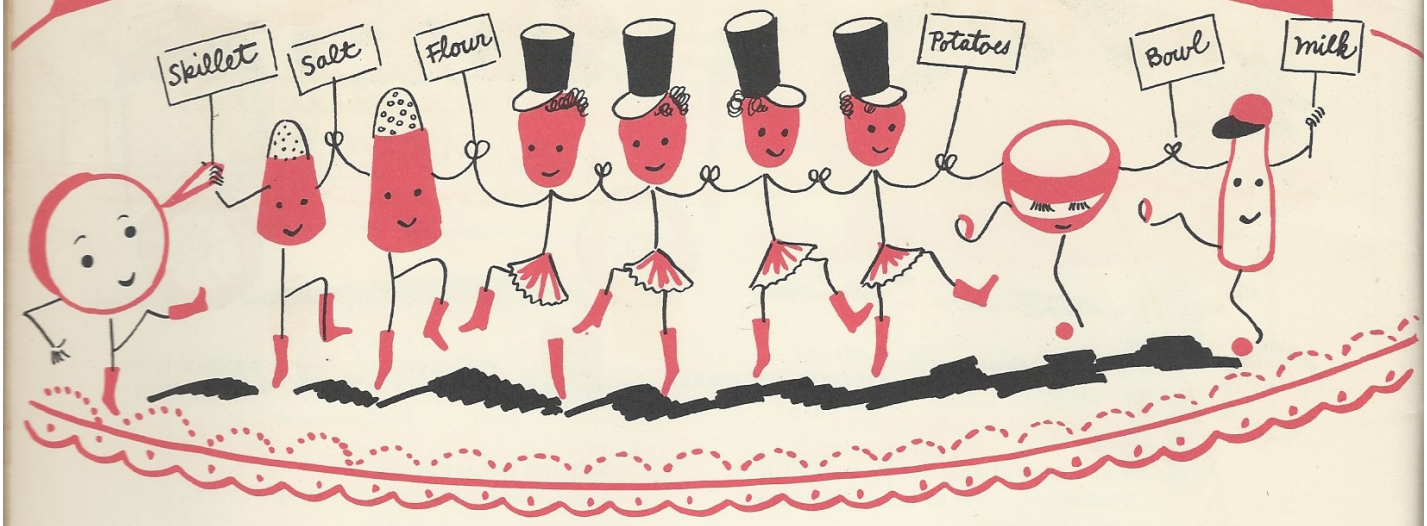
Wash the sweet potatoes, but don't peel them. Just place in oven on lower rack. You might have to bake the Oven Meal 45 to 50 minutes, but that's okay. Put the Oatmeal Peach Betty on top rack.

UPPER RACK— Oatmeal Peach Betty

BOTTOM RACK — Pork Chop Casserole, Carrots, Sweet Potatoes

Hey! If you are running out of casseroles, use a shallow baking dish for the Oatmeal Peach Betty. Peach Betty doesn't want a cover on it.

HASH BROWN POTATOES



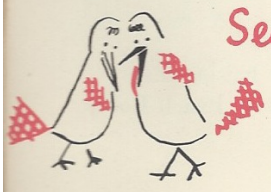
- **3 tablespoons fat—bacon drippings are wonderful**
- **3 cups leftover boiled potatoes, chopped up medium fine**
- **1½ tablespoons All-Purpose Flour**
- **1½ teaspoons salt**
- **½ cup top milk or evaporated milk**

8-INCH UNIT "MEDIUM HIGH"

WILL TAKE ABOUT 15 MINUTES

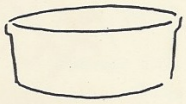
SKILLET WITHOUT COVER

1. Cut the cold, cooked potatoes into little pieces. Grownups say, "Cube potatoes". Just why, I don't know. Try to cut them in ½-inch squares, but don't worry too much. An easy way to do would be to take a biscuit cutter and chop them.
2. Put the potatoes in a bowl, sprinkle the salt and flour over them.
3. Take a fork, and carefully work the flour and salt through the potatoes.
4. Now add the milk, and again using the fork, work it through the potatoes.
5. Put the fat in the skillet.
6. Place on large unit.
7. Turn switch to "Medium High".
8. Just as soon as the fat is hot, add the potato mixture, let it brown on one side.
9. Stir the potatoes, and brown some more. Serve piping hot. Serves 4 or 5.

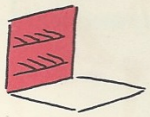


Secret... If you don't want to peel potatoes, wash them well and cook with skins on. Some folks like them best cooked this way. You don't have to peel them for hash brown unless you want to.

Tuna Fish Casserole



1½-QUART CASSEROLE OR
8½ x 5½-INCH UTILITY DISH

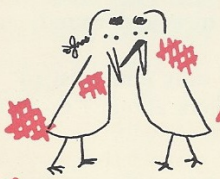


PREHEATED
OVEN 375°

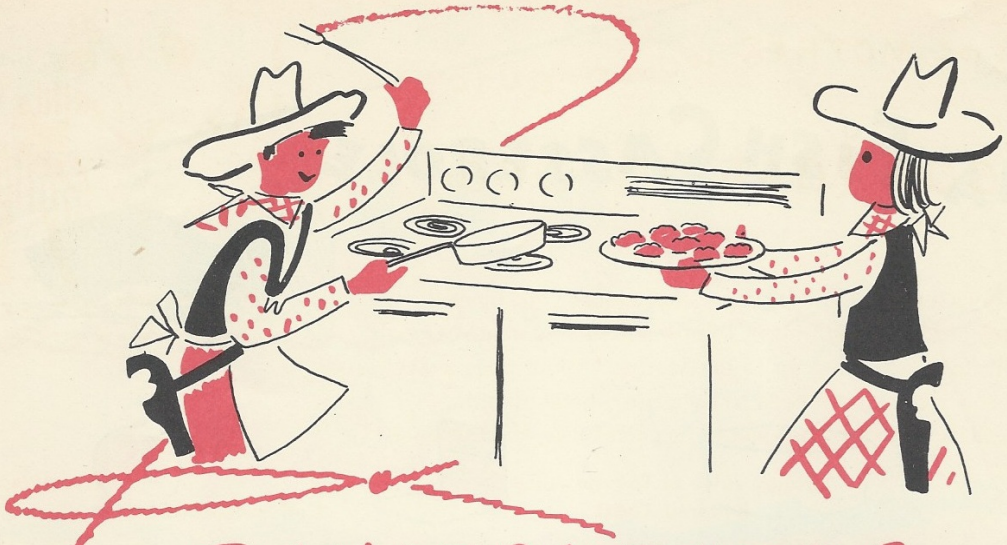
BAKING TIME
25 MINUTES

- 1 7-ounce can tuna fish
- 1 can cream of mushroom soup
- ½ cup milk
- ½ teaspoon salt
- ¾ cup crushed potato chips—a dime bag is just right

1. Mash the potato chips fine. You can use a rolling pin, or mash them with your hands. Don't eat too many.
2. Grease the baking dish with butter or margarine.
3. Open tuna fish and cream of mushroom soup.
4. Empty the mushroom soup into a bowl, then add the milk, and stir until well-blended.
5. Place tuna fish in bottom of baking dish. If there are some good-sized chunks, break them up. Not too much, just to even the size of the pieces.
6. Pour the diluted cream of mushroom soup over the tuna fish.
7. Scatter the crushed potato chips over the whole mixture.
8. Bake and serve piping hot to 4 or 5 people.

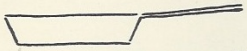


Secret.. Tuna fish is sometimes called "Chicken of the Sea". You'll understand why when you eat this good food.



RANGEBURGERS

8-INCH UNIT
"MEDIUM HIGH"



SKILLET
WITHOUT COVER

- 3 tablespoons fat—bacon drippings are okay
- 1 egg (If Mother happens to have some egg yolks on hand, you can use two of them instead of one whole egg.)
- ½ cup milk
- ½ cup dry bread crumbs
- 1½ teaspoons salt
- ¼ teaspoon pepper
- 1 tablespoon chopped onion
- 1½ pounds ground beef

1. Peel small onion under running water. You won't weep quite so much. Then either grate onion on fine grater or chop in small pieces.

2. Beat the egg, but not too much. Just enough to get it all mixed up. A fork will be elegant to use for beating. Better use a fairly good-sized bowl, so you can mix everything in one bowl.

3. Now add the milk, dry bread crumbs, seasonings (salt and pepper to you new cooks), and chopped onion.

4. With that same fork, carefully mix all the ingredients together.

5. Add the ground beef. Of course, your hands are clean so you can mix everything together with your hand, if you wish. If you don't think much of that suggestion, use the fork again.

6. Shape the mixture into eight patties. Make them nice and round, and not too thin.

7. Put the fat in the skillet. Put skillet on the 8-inch unit and turn to "Medium High". When fat is hot, fry Rangeburgers about 7 minutes on one side, and perhaps 5 minutes on the other side.

Secret. This recipe came from Honolulu, and boys and girls over there love Rangeburgers. Their parents do too, because it makes ground meat go a little further.

PERHAPS MOTHER WOULD ENJOY
breakfast in bed

You probably should get a little experience before you suggest Mother have her breakfast in bed. I know a little boy named Dwight who loves to take breakfast up to his Mother. About once a week, too!

To do this right, you'll need to do quite a little planning.

Let's talk first about what would be good to serve. How does this sound to you?

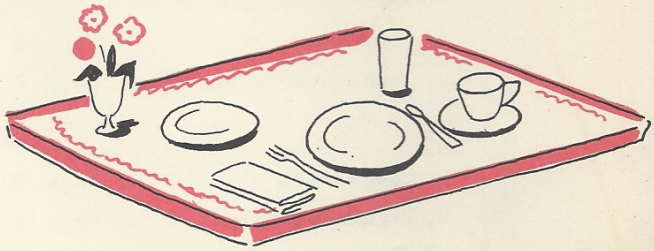
Orange Juice or Tomato Juice
Buttered Toast
Scrambled Eggs
Coffee or Hot Cocoa

You'll need a tray and possibly the one you use to lay your ingredients on will be just right.

Now find a nice clean napkin, or doily, or a paper place mat, and lay on the tray. Don't forget a napkin. Your Mother will spread that over her lap.

Try to find a flower. If it's wintertime, that's quite a chore. If your Mother has foliage plants, perhaps she would let you carefully snip off a pretty leaf. Place on tray on upper left-hand corner.

You will need: a vase for the flower.
a small glass for fruit juice.
a small plate for the toast.
a napkin.
a plate for the scrambled eggs.
a cup and saucer for cocoa or coffee.
a fork and spoon.



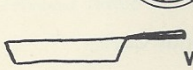
THE TRAY WILL LOOK SOMETHING LIKE THIS:

If you make coffee, better ask some questions about how to use your coffee pot. Remember to butter the toast.

TO SCRAMBLE EGGS

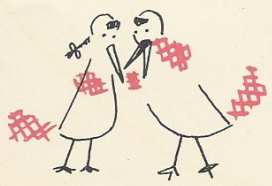
6-INCH UNIT "MEDIUM HIGH"

2 eggs
2 tablespoons milk or cream
⅛ teaspoon salt
1 tablespoon butter or margarine



SMALL SKILLET WITHOUT COVER

1. Put butter or margarine in small skillet. Let the fat be heating while you stir up the egg mixture. Don't start scrambling eggs until the coffee or cocoa (page 13) is finished. You can start toasting bread when you start scrambling eggs.
2. Break eggs in a bowl. Beat them slightly with a fork.
3. Add cream and salt. Beat some more.
4. When fat is hot, turn egg mixture into skillet.
5. When eggs begin to thicken, take that same fork and start stirring the mixture.
6. When nicely thickened they are ready for your Mother's breakfast.
7. Hurry from this point so the eggs and toast will be hot when they reach your Mother. Nothing worse than cold eggs and toast.



Secret... You can fix your own lunch some day and have scrambled eggs and hot cocoa. That meal will put roses in your cheeks.

Where to find it

How to Be a Cook . . . . . Pages 2 to 6

BEVERAGE

Cocoa . . . . . Page 13

BREAD

Corn Bread . . . . . Page 8

Melt-in-your-Mouth Muffins . . . Page 7

CAKE

Gingerbread . . . . . Page 9

Inexpensive Layer Cake . . . . . Page 14

Quick-Mix Devil's Food Cake . . Page 17

Quick Sponge Cake . . . . . Page 16

COOKIES

Christmas Ideas . . . . . Page 11

Peanut Butter Cookies . . . . . Page 12

Sugar Cookies . . . . . Page 10

DESSERTS

Golden Cornstarch Pudding . . . Page 20

Oatmeal Peach Betty . . . . . Page 19

FROSTING

Mocha Icing . . . . . Page 18

Party Icing . . . . . Page 18

MEATS

Gary's Hot Dogs . . . . . Page 26

Pork Chop Casserole . . . . . Page 27

Rangeburgers . . . . . Page 30

Tuna Fish Casserole . . . . . Page 29

VEGETABLES

Buttered Carrots . . . . . Page 22

Creamed Snap Beans . . . . . Page 24

Frozen Vegetables . . . . . Page 25

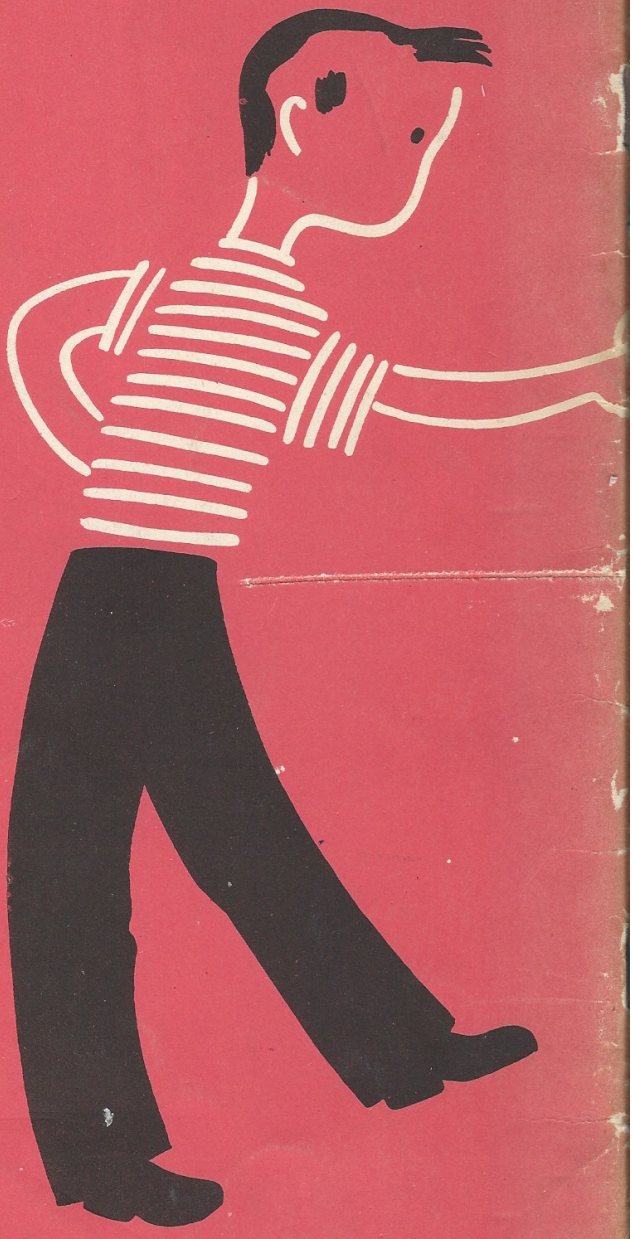
Hash Brown Potatoes . . . . . Page 28

Breakfast in Bed . . . . . Page 31

Scrambled Eggs . . . . . Page 31

THE END

SUGAR AN' SPICE AND ALL THINGS NICE



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